拍数： 32
壇数： 2
级数：Intermediate
编舞者：Micaela Svensson Erlandsson（SWE）－December 2013
音乐：Du Är Hel－Stefan Jernsand \＆Jenny Rydén ：（Album：Golgata Kors）

Intro： 32 counts
Section 1：Basic Nighclub right．Turn $1 / 4$ left．Full Turn forward．Basic Nighclub right．Turn $1 / 4$ left ．Run．Run．
1－2\＆Step a long step right on right．Rock back on left．Recover onto right．
3 Turn $1 / 4$ left stepping forward on left．
4\＆Turn $1 / 2$ stepping back on right．Turn $1 / 2$ left stepping forward on left．
5－6\＆Step a long step right on right．Rock back on left．Recover onto right．
7
8\＆Run forward on right．Run forward on left
Turn $1 / 4$ left stepping forward on left．

Section 2：Rock forward right．Back．Sweep left．Sweep right．Coaster step left．Step．Turn $1 / 2$ left．
1－2\＆Rock forward on right．Rock back onto left．Step back on right．
3－4 Sweep left from front to back．Sweep right from front to back．
5\＆6 Step back left．Step right beside left．Step forward left．
7－8 Step forward on right．Turn $1 / 2$ left．
Section 3：Sync．Full Turn forward ．Step．Sync．Full Turn forward．Step．Mambo step forward right．Sweep． Sync．Rock back right
1\＆2 Turn $1 / 2$ stepping back on right，turn $1 / 2$ left stepping forward on left．Step forward on right．
$3 \& 4 \quad$ Turn $1 / 2$ stepping back on left．Turn 1／2 Stepping forward on right．
5\＆6 Rock forward on right．Rock back onto left．Step back on right．
7－8\＆Sweep left from front to back．Rock back on right．Rock forward onto left．
Section 4：Basic Nightclub right．Basic Nightclub left．Turn $1 / 4$ right．Step．Turn $1 / 2$ right．Step．Sync．Full turn．

1－2\＆
3－4\＆
5
6\＆7
8\＆

Step a long step right on right．Rock back on left．Recover onto right
Step a long step left on left．Rock back on right．Recover onto left
Turn $1 / 4$ left stepping forward on right．
Step forward on left．Turn $1 / 2$ right．Step forward on left
Turn $1 / 2$ stepping back on right．Turn $1 / 2$ stepping forward on left．

Tag ：After Wall $2,4,6,8$ ，always facing 6 o＇clock
Rock forward right．Turn $1 / 2$ right．Walk．Run．Run．
1－2\＆$\quad$ Rock forward on right．Rock back onto left．Turn $1 / 2$ right Stepping forward on right．
3－4\＆Walk forward left．Run forward right．Run forward left．
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